

Hockey Level 3

	Skill/Task	Grade (1-10)	Pass/Continue to Train (P/C)
1	Lateral crossover march (both directions)		
2	Forward C-cuts (half-swizzle pumps) on a circle, both directions		
3	Forward inside edges on half-circles (large Cs), alternating feet on the short or long axis of the rink		
4	Forward outside edges on half-circles (large Cs), alternating feet on the short or long axis of the rink		
5	Backward C-cuts (half-swizzle pumps) on a circle, both directions		
6	Backward snowplow stops: one- and two-foot V-stop		
7	One-foot moving snowplow stop (R and L), introduce 1/4 turn with hips to hockey stop		
8	Forward stops and crossover starts		

Evaluating Coach Name _____

Signature _____

Approving Coach Name _____

Signature _____

Date _____